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National Suicide Prevention LIFELINE

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Last week's high-profile deaths of Kate Spade and Anthony Bourdain made suicide the latest national health issue. But with 45,000 Americans taking their lives in 2016, suicide is on its way to becoming the nation's next health crisis. 2

The search for better suicide prevention techniques is more urgent than ever, with suicides up 25 percent in the United States since 2000.



With recent high-profile suicides in the news, if it seems like self-harm is on the rise in America, you may be right. Suicides are up 25 percent since the year 2000 across the country, including 45,000 in 2016 alone, according to a new Centers for Disease Control study.

A potential "suicide contagion" of copycat suicides was feared after the two recent high-profile suicides. Kate Spade, 45, who rose to fame in the '90s for her handbags, was found dead of suicide in her New York City apartment on June 5. Then celebrity food show TV host, Anthony Bourdain, 61, took his own life on June 8 in Strasbourg, France.

"With recent high-profile deaths by suicide, this is a time to stand together and resolve to do more," said Dr. Christine Moutier, chief medical officer of the American Foundation for Suicide Prevention, in a statement after Bourdain's and Spade's suicides. "Suicide affects all of us - we all face challenges and have mental health to manage. We are working diligently to prevent suicide. The need for more research and a greater national investment in suicide prevention is clearer than ever."

Mental health issues are often cited as a cause of suicide. The CDC found 54 percent of the U.S. residents who kill themselves are not diagnosed with mental illnesses, but not all mental illnesses are reported or diagnosed.

But that doesn't tell the whole story.

"There is never a single cause for suicide. Suicide is the result of many factors that come together such as an underlying

Suicide rates are way up in the US, prompting alarm and calls for action



Montana led the nation with 29 suicides per 100,000 deaths. Isrock

mental health condition, life stressors, and access to lethal means," said the American Foundation for Suicide Prevention. "We must do more to prevent such tragic deaths through greater awareness of mental health, common risks and warning signs, and effective interventions and treatments."

Montana had 29 suicides per 100,000 deaths over the two-year period studied, the highest in the nation, according to the CDC study. Overall, the national average in the U.S. is 13 suicides per 100,000 deaths in 2016. From 1999 to 2016, suicide rates rose in 49 of 50 states, in half of the states rising by more than 30 percent.

Suicide is now the second-leading cause of death in the U.S. for people aged 15-34, the study found. Every 13 minutes, someone commits suicide in this country.

Taken into consideration along with the opioid crisis, suicide is a serious problem, one that some scientists say requires a national response. A "National Resilience Strategy" has been proposed by John Auerbach, president of Trust for America's Health, and Benjamin Miller, chief strategy officer of Well Being Trust.

"The United States is facing a triple set of epidemics — more than one million Americans have died from drug overdoses, alcohol, and suicides between 2006 and 2015," they write, adding that suicide would best be addressed by "emphasizing a cultural shift to focus

Overall, the national average in the U.S. is 13 suicides per 100,000 deaths.

on identifying and providing targeted prevention strategies to high-risk individuals and groups."

Others want new technologies to be used to predict who is at most risk for suicide and target them with support. Kaiser Permanente's models for suicide risk tested extremely successfully, by combining an electronic review of a patient's medical records for 90 days with a depression questionnaire, the health care company's research scientists said.

The recent deaths of Spade and Bourdain brought the subject of suicide to the forefront of national discourse. Celebrity suicides often spark fears of a suicide contagion, or rash of copycat suicides, like in 2017, when the death of Soundgarden's Chris Cornell was quickly followed by that of Linkin Park's Chester Bennington.

The most well-known suicide contagion came after grunge star Kurt Cobain killed himself with a shotgun at age 27 in 1994. The news was followed by reports of copycat suicides around the country by Cobain's biggest fans. In 1997, two French girls, Aurelie, 13, and Valentine, 12, killed

themselves with their father's .22-caliber rifle, inspired by Cobain. Friends said the girls were obsessed with Nirvana and secretly planned to reenact Cobain's suicide for months.

SUICIDE STATS BY THE NUMBERS

Causes of suicide can vary widely, but in 2015, general causes in the U.S. broke down as follows:

Relationship problems – 48%

Crisis in past or upcoming two weeks – 29%

Problematic substance use – 28%

Job/financial problem - 16%

Physical health problem -22%

Criminal legal problem – 9%

Source: CDC

HOW TO GET HELP

Anyone with thoughts of harming or killing themselves is urged to call the National Suicide Prevention Lifeline Talk at 1-800-273-TALK (8255), visit suicidepreventionlifeline .org or text "START" to 741741.

Veterans and their loved ones can call 1-800-273-8255 and press 1, or send a text to 838255 to get support.

Celebrities react to the death of Anthony Bourdain

Friends and fans of celebrity chef, author and television star Anthony Bourdain were shocked to learn of the "Parts Unknown" host's death on Friday, and many of his admirers and colleagues expressed their grief and paid tribute to the late icon on social media.

Bourdain, 61, was found dead from an apparent suicide in a French hotel room.

Culinary stars such as Andrew Zimmern and Gordon Ramsay, along with many of Bourdain's coworkers at CNN, shared their thoughts



on his

on his passing and memories of the star via Twitter on Friday. President Barack Obama, who once appeared in an episode of "Parts Unknown," tweeted out his condolences as well.

TWEETS



@BarackObama
"Low plastic stool, cheap but
delicious noodles, cold Hanoi
beer." This is how I'll remember
Tony. He taught us about food
— but more importantly, about
its ability to bring us together. To
make us a little less afraid of the
unknown. We'll miss him.



@GordonRamsay
Stunned and saddened by the loss of Anthony Bourdain.
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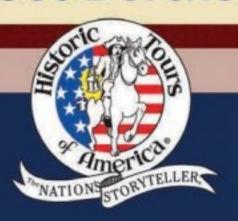
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Thousands turn out for Saturday's Pride Parade

Supporters of the LGBTQ community from near and far turned out for Boston's 48th annual event this past weekend.



Boston's 48th Annual Pride Parade and Festival once again kicked off the city's Pride festivities on Saturday. The parade began at Copley Square at

noon with the parade route finishing at Government

fighting for many years to gain equality Center. Attendgathees ered the side of city streets cheering with excitemade a lot of ment as more than 300 groups march-Pride Chair Martha Plaza

ers walked in the parade donning rainbow-colored attire and holding signs of sup-

Boston Mayor Marty Walsh was also in attendance, marching in the parade with dozens of mayors from across the country. The mayors were in town for the 86th Annual Meeting of the U.S. Conference of Mayors, a four-day event that began on Friday.

This year's successful and exciting Pride week was themed "Rainbow Resistance." The theme was selected to represent and acknowledge the current threats and struggles the gay community faces.

"We've been fighting for many years to gain equality in our communities, and we've made a lot of victories," Pride Chair Martha Plaza said.

"And unfortunately now those victories are at high risk of be-

"We've been

in our

and we've

victories."

ing pulled away from us," Plaza added. "So the theme, which voted by the community, is communities, essentially a call to arms. It is a call for us to stand together as a family, to stand

> together strong, to stand together and really fight back and realize for everyone to say the fight is long, it's not over."

> Aside from the spectacular turnout at the parade, Pride organizers and the city hosted a full day of fun for attendees with performances, more than 100 food trucks and various vendors, the Boston Pride

Youth Dance, as well as a concert headlined by "It's Raining Men" singer Martha Wash and rapper Big Freedia.

The event, however, did not go without an incident. The Associated Press reported that an elderly woman was injured when two police motorcycles collided and struck the woman. Her injuries weren't considered life threat-



The Pride Parade marches on Clarendon Street. ALL PHOTOS DEREK KOUYOUMUAN



Mayor Marty Walsh took part in the ribbon-cutting ceremony.





Constance Waverly is ready to get her Pride on in Copley Square.



Axel (2), Felix (6), and Oliver Karlssom (7) came to the parade with their own



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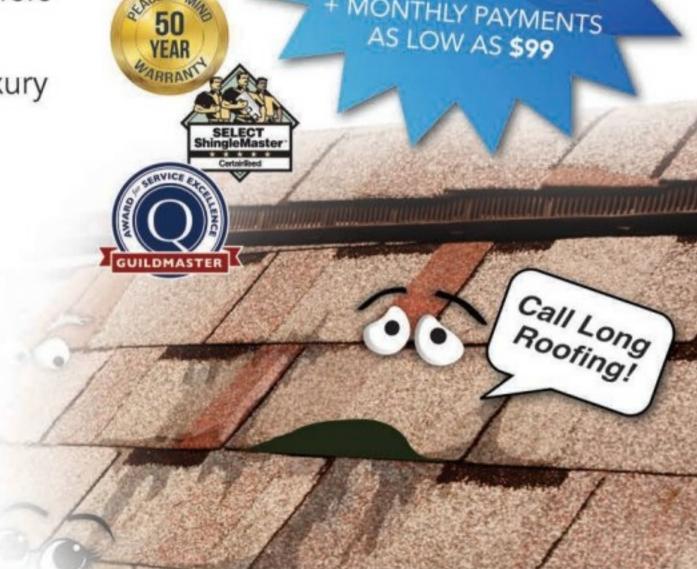
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TRUMP'S AMERICA

TO BE DIPLOMATIC ABOUT IT, THAT STUNK!

Too bad international diplomacy isn't as simple as signing a presidential pardon. If that were true, Donald Trump could be hailed in Singapore today as the 21st century's Dag Hammarskjöld. "The Art of the Deal" might even be taken off the fiction shelf.

In signing pardons, Trump has finally identified the presidential duty he was born for. No rules. No limits. No pesky court rulings or Congressional oversight. And no ungrateful allies like that sniveling Trudeau kid or turncoat former bestie Emmanuel Macron, making the U.S. president look like a world-stage amateur and letting Little Rocket Man seem sane by comparison.

Sorry, Nobel! No prizes around here!

Looking back in history, it's hard to find another summit botched as badly as Trump just botched Quebec City, where he turned the G7 into the gee-I-have-noidea-what-I'm-doing-here. When Trump decided to impose heavy tariffs on aluminum and steel from Canada, Mexico and the European Union, he enflamed our closest allies. Canada's Justin Trudeau called the move "kind of insulting" and threatened his own revenge tariffs, saying his country will not be "pushed around."

Trump reacted on the Twitter machine, as he usually does, slamming Trudeau's "false statement" and calling the young Canadian "very dishonest & weak." Trump's trade adviser, Peter Navarro, reserved a "special place in hell" for weaklings like Justin who dare confront the great and powerful American leader.

Here's the problem

Analysis

ELLIS HENICAN

Metro columnist Ellis Henican is the best-selling author of a dozen books. Join Ellis on Twitter @henican.



with sliming good friends while cozying up to North Korea's Kim Jong Un, Russia's Vladimir Putin and the world's other outsized villains: Your best friends start to hate you, and the villains are still villains.

Trump stubbornly refused to prepare for his nuclear summit with Kim in Singapore, just as he refused to prepare for the G7. The hugely complex nuclear issue is just a matter of "attitude," Trump believes. Now, that he's lowering expectations so furiously, what started as a promise to completely denuclearize the Korean peninsula is just a little getting-toknow-you time.

When the bar's that low, a handshake and a couple of grip-and-grin photos can be hailed as proof of a smashing success. Then again, given what just happened in Quebec, even that could get messed up.



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Sip rosé, see Dave Chappelle and Jon Stewart bring the laughs and more.



Workweeks can be just as much fun as the weekend, as long as you know what's going on in the city. Cure your case of the Mondays and discover all the fun things to do in Boston this week. From legendary comics to rosé parties, here are five events you don't want to miss.

"The Man Who Laughs"

Head to the Coolidge

Corner Theatre on Monday for a screening of the 1928 classic "The Man Who Laughs." Universal Pictures commissioned an original score for the silent flick by the Berklee Silent Film Orchestra, who'll be on hand to perform as part of the Coolidge's Sounds of Silents series. June 11, 7 p.m., Coolidge Corner Theatre, 290 Harvard St., Brookline, \$23, coolidge.org

Dave Chappelle & Jon Stewart

Two of the best comics in the game are kicking off their limited tour with three nights of shows at the Wang Theatre this week. See Dave Chappelle and

laughs when they come to Boston on June 11 through 13. While tickets to Monday's show are sold out, there are still some seats available for

Jon Stewart bring the

performances Tuesday and Wednesday. June 11-13,

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RoofTOP Chefs

The Colonnade Hotel's executive chef. Nick Calias, kicks off his culinary rooftop pop-up series Tuesday night. Enjoy cookoutstyle bites by the pool, including dishes by special guests, start-

12. All the proceeds will go to benefit Share Our Strength No Kid Hungry. June 12, 5:30 p.m., Roof Top Pool at the Colonnade Hotel, 120 Huntington Ave., colonnadehotel.com/rooftop-pool

"Hamilton" stars at Symphony Hall

A pair of stars from the hit show "Hamilton" are coming to the Hub this week to perform with the Boston Pops. Tony Award winner Renée Elise Goldsberry and Phillipa Soo will join conductor Keith Lockhart for three nights of shows beginning Tuesday.

June 12-14, Symphony Hall, 301 Massachusetts Ave., \$37+, bso.org

Rosé all the Ways

Get your rosé on at Earls Kitchen & Bar this week. The Prudential Center restaurant is hosting a summer kickoff party on its rooftop patio Wednesday night. The festivities include a photo booth plus complimentary tastes of Earls' menu additions. Throughout the month of June, the Back Bay hotspot will also have glasses of rosé available for \$5. June 13, 5 p.m.-9 p.m., Earls Kitchen + Bar, 800 Boylston St., earls.ca









What will Netflix's 'The Ranch' look like without Danny Masterson?

The actor's final episodes on the hit series are about to stream.



Part five of the Netflix series "The Ranch," which stars Ashton Kutcher, Debra Winger, Sam Elliott and Danny Masterson as the Bennetts, a family of Colorado ranchers, is about to debut.

This is significant to the interested and uninterested alike because the new batch of episodes will also be the last for Masterson and his character, Rooster.

The how and why of Rooster's departure won't be explained until the first chunk of "The Ranch" season three drops June 15, but the reasoning behind Masterson's exit is clear. Last December, Netflix cut ties with the actor nine months after three women accused him of rape. His accusers also claimed the Church of Scientology, of which Masterson is a member, had tried to silence them in order to protect the actor.

"As a result of ongoing discussions, Netflix and the producers have written Danny Masterson out of 'The Ranch,'" read an official statement. "Yesterday was his last day on the show and production will resume in early 2018 without him." Meanwhile, the actor defended himself, saying he was "very disappointed in Netflix's decision" while insist-

ing he had "never been charged with a crime, let alone convicted of one."

Masterson's scandal notwithstanding, what will "The Ranch" look like once Rooster is gone? While Kutcher's character Colt, the semi-pro football player who returns home, is the central character, his family and friends round out a fun ensemble that's just as integral to the story.

Whether it's his onagain, off-again parents, Beau (Elliott) and Maggie (Winger), or older brother Rooster (Masterson) and his high school sweetheart, Abby (Elisha Cuthbert), Colt's world is big. If any one piece is missing, the story will have to compensate in a manner that sticks to the show's formula, yet doesn't feel cheap.

Rooster was equal



Can the show recover from losing Danny Masterson? GREG GANNE/NETFUX

parts comic fodder and dramatic foil for Colt, so if the Masterson-less "The Ranch" wants to continue with the same successful sitcom structure, the showrunners will need to replace it with something similar. A character, and an actor, who will offer audiences something familiar and new at the same time

Enter Dax Shepard. Back in March, Netflix announced the comedy actor had been cast in a recurring role for the second half of season three. Deadline revealed the casting but stressed it wasn't meant to fully replace Masterson. Entertainment Weekly confirmed the news, saying Shepard would play "Luke Matthews, a former soldier who has ties" to the family's ranch.

Whether Luke's "ties" are personal (he's an old friend of Colt's) or professional (he worked as a ranch hand for the Bennetts in Colt's absence) doesn't matter. All regular "Ranch" viewers will care about is if he is able to fill the slot vacated by Rooster. If Shepard's performance and the writers' storylines manage to help subscribers forget about Masterson altogether, however, Netflix probably won't mind.

Part 5 of "The Ranch" debuts June 15 on Netflix.

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Fred Rogers was a struggling, tortured artist

Director Morgan Neville talks us through his documentary, "Won't You Be My Neighbor."



"Won't You Be My Neighbor" could easily have been just a throwback trip that pulled at the heartstrings of its viewers, most of whom grew up with Fred Rogers and his beloved children's television show "Mister Rogers' Neighborhood."

But writer and director Morgan Neville wanted to go deeper.

"I didn't want to make a nostalgia piece," Neville tells Metro. "Nostalgia is nice, but it is fast food and it doesn't ask much of the viewer. ... I wanted the

film to be about ideas.

"The things he was talking about are the most fundamental. basic issues of how we should live together in a society," he adds. "What kind of neighbors are we going to be? How do we treat each other? How do we treat ourselves?"

Neville is well aware that "Won't You Be My Neighbor" comes at a time when these ideas "feel under threat," which is exactly why it is so necessary.

"Hearing Fred Rogers' voice now as an adult, and some of the speeches he gave, that made me realize, 'That's a voice we need today. Where's that type of voice in our current cultural dialogue?' I am very curious about where the grown-ups in our culture are," Neville says. "Because to him, civility and kindness and neighborliness were not quaint notions like unicorns and rainbows.

They were like oxygen. They had to be appreciated and nurtured.

"And if you don't, they then don't necessarily last," Neville adds. "And I think that we live in a time where that is taken for granted. We assume that the social compact will always hold. And I am not so sure."

While "Won't You Be My Neighbor" highlights Rogers' unique voice not just in comparison but now comparison to the whole of TV hisit tory, also the exposes skill, heart, intelligence and craftsmanship he put into the show.

"Fred was ally an auteur, Neville says. "He took an auteur approach what he created, and every element he controlled. He was a perfectionist."

"Every little detail had to be perfect. It seemed so simple," he adds. "But it was simple and deep. And people mistake simple for su-

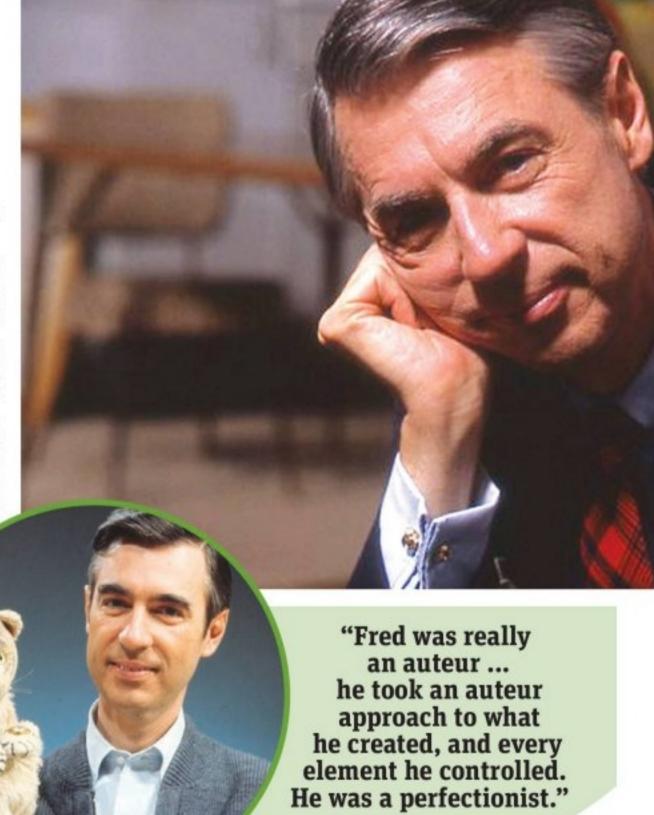
perficial. It was all so considered. That's the thing that people didn't pick up on.

Everyone loves Mr. Rogers.

The quaint and simplistic nature of "Mister Rogers' Neighborhood" often meant thatitsdepth, quality and artistry was overlooked. Even by Rogers himself.

"Fred was kind of a tortured artist. Fred

was full of doubt and insecurities," says Neville. "There were a lot of letters when he was young, but even him on his death bed asking, 'Was I a sheep



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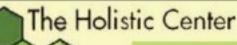
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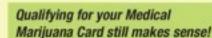
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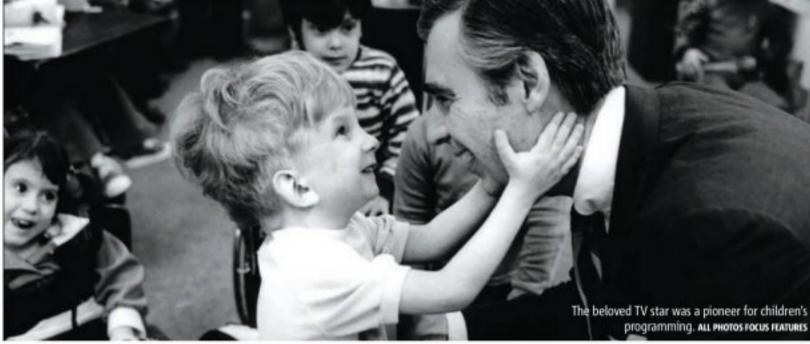
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or a goat? Did I measure up?' You would have thought that of anybody in the world Rogers would have felt like he had accomplished enough."

Neville says he believes these doubts pushed Rogers to reach the heights he did.

"If he had felt like he had accomplished enough then he probably wouldn't have done all of this work. I think his

doubts were what drove him to work as intensely hard as he did for 50 years," Neville says. "I do think that the human struggle was what I wanted to capture. If there was ever a character that I could sanctify it was Mr. Rogers. But it was really important to me that he struggled."

"Won't You Be My Neighbor" is now in theaters.

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inspiring quotes from this year's college commencement speakers

Some powerful words that will make you want to take over the world.

Ronan Farrow. ALL PHOTOS



Every graduation season, we see some of the biggest names in popular culture giving inspiring commencement speeches to light a fire under the new grads feet to go out and conquer the world. This year was no different. Here are some of the most inspiring college commencement speeches from 2018.

Ronan Farrow Loyola Marymount University Pulitzer Prize-winning investigative reporter Ronan Farrow gave this eloquent commencement speech at LMU urging students to embrace failure: "You will face a moment in your career where you have absolutely no idea what to do," he said. Adding "Where it will be totally unclear to you what the right thing is for you, for your family, for your community.

"And I hope that in that moment you'll be generous with yourself, but trust that inner voice. Because more than ever we need people to be guided by their own senses of principle—and not the whims of a culture that prizes ambition and sensationalism and celebrity and vulgarity and doing whatever it takes to win.

"Because if enough of you listen to that voice—if enough of you prove that this generation isn't going to make the same mistakes as the one before—then doing the right thing won't seem as rare or as hard, or as special. No pressure or anything."

Oprah Winfrey
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Oprah blessed the
2018 class of graduates

of the USC Annenberg

School for Communi-

Chance the Rapper

cation and Journalism with these words of wisdom: "There will be some days that you just might be bored. Other days, you may not feel like going to work at all. Go anyway. And remember that your job is not who you are. It's just what you're doing on the way to who you will become."

Chance the Rapper Dillard University Chance the Rapper gave these inspiring words this year at Dillard University in New Orleans: "Living up to your heroes is amazing, but it's not good enough" Chance said. "Beyoncé had Mike. Mike didn't have Mike. Mike had James Brown. James Brown had Cab Calloway. And so on and so on. Right now, the greatest performer who ever lived might be in this audience. And that person has something Beyoncé never had. They got Beyoncé. And so they have-you have-the greatest performance of all time: to watch it, to study it, to learn from it, But not to replicate it. To surpass

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SCASING SECTION SEASON ROBBIE Tina Fey and Margor Robbie Tina Fey and Margor Robbie dramatic comedy. 8

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TIMES QUALIFIED: 5

THE STAR

CLUB TEAM

LAST APPEARANCE: 2010

BEST FINISH: 8th (1998)

WORLD RANKING: 12th

CHRISTIAN ERIKSEN

TOTTENHAM (ENG)

2018 World Cup Preview: Group C



FRANCE

TIMES QUALIFIED: 15

LAST APPEARANCE: 2014

BEST FINISH: WINNERS (1998)

WORLD RANKING: 7th

THE STAR **ANTOINE GRIEZMANN**

CLUB TEAM ATLETICO MADRID (ESP

The French resurrection is almost complete after an appearance in the Euro 2016 Final. Les Bleus will try to reverse their World Cup snide after an embarrassing 2010 campaign in which it crashed out of the group stage before a quarterfinal run four years ago.

Didier Deschamps has a side with plenty of talent, including Antoine Griezmann, who is expected to make a big move to the likes of Barcelona or Manchester United this summer. Keep an eye out for the young striker Kylian Mbappe, the 19-year-old currently playing for PSG who is only expected to get better on the international stage.



03 DAYS

JUN. 16, 12 PM

JUN. 21, 8 AM **DENMARK v. AUSTRALIA**

JUN. 21, 11 AM

FRANCE v. PERU

JUN. 26, 10 AM **AUSTRALIA v. PERU**

JUN. 26, 10 AM DENMARK v. FRANCE



PERU v. DENMARK

AUSTRALIA

A direct style of play has paid off for the Danes, who flexed their muscles during qualifiers with

decisive wins over Poland and the Republic of

playmaker, recording eight goals in 10 qualify-

ing matches. Every single tally was needed as he

helped his side finish second in UEFA Group E

qualifying on goal difference over Montenegro

before beating the Republic of Ireland in a play-

Tottenham's Christian Eriksen is Denmark's

Ireland to book a spot in Russia.

off to secure a place in the Finals.

TIMES QUALIFIED: 5 **LAST APPEARANCE: 2014**

BEST FINISH: 16th (2006)

WORLD RANKING: 40th

THE STAR **AARON MOOY CLUB TEAM HUDDERSFIELD (ENG)**

Australia are the dark horses to make any sort of noise in Group C given their low world ranking.

Qualifying was plenty difficult on the Socceroos, who were the final team to make the World Cup, traveling over

155,000 miles during qualifiers. Huddersfield's Aaron Mooy will be responsible for anchoring Australia's side thanks to a strong defensive presence along with solid distribution skills.

TIMES QUALIFIED: 5

LAST APPEARANCE: 1982

BEST FINISH: 7th (1970)

WORLD RANKING: 11th

THE STAR

JEFFERSON FARFAN

CLUB TEAM

LOK. MOSCOW (RUS)

This is the first time in 36 years that Peru will be appearing at a World Cup Finals, the longest drought of any team in this year's field that had previously made the tournament.

Peru is a squad that will look to monopolize possession thanks to their star winger Jefferson Farfan, who previously started Ajax and PSV in Holland. There will be plenty of pressure on striker Paolo Guerrero, who won an appeal to play at the World Cup after initially being suspended for doping.



Costly Joint-Pain Injections Replaced By New \$2 Pill

New pill boosts the same lubricating joint fluid as expensive and painful injections - without using a needle. Users report dramatic relief from swelling, pain and stiffness without side effects and expense.

By Jack Isler, M.D. Health News Syndicate

HNS—A popular needle injection for people with joint pain is now available in an inexpensive nonprescription pill. The breakthrough came when researchers discovered a way to deliver the injected "relief molecule" through the digestive system.

Top US clinics have used these needle injections for years because they deliver powerful relief. Unfortunately, the shots are painful and expensive. They also only work on the joint being treated.

The new pill, called Synovia, delivers the same "relief molecule" as the injections. However, it has some impressive advantages. First, it's inexpensive and non-prescription. Also, relief is delivered to every joint in the body because it enters the bloodstream through the digestive system.

This gives it the ability to reduce a much wider variety of pain. Users report greater flexibility and less stiffness in their knees. Hands and shoulders move pain-free for the first time in years. Even neck and lower back pain improve dramatically.

All this without spending over \$600 on needle injections and taking trips to the doctor every week.

The medical community is very excited about this new breakthrough. Dr. Jacob Moss says, "Synovia is a great option for those suffering from joint pain. Injections are usually a last resort because of the pain and expense. However, Synovia should be taken at the

first sign of discomfort."

New Discovery

The needle injection procedure has been given to hundreds of thousands of patients over the last several years.

Doctors use the shots to boost a critical element of the joint called synovial fluid. This lubricating fluid is found between the cartilage and bones of every joint.

According to the firm's head of R&D, Mike McNeill, "Researchers have been working for years to find a way to boost this fluid non-invasively. The problem was the molecule used in the injections was too large to absorb into the bloodstream."

Top scientists conquered this obstacle by finding a smaller form of the same molecule. This new glucose form is easily absorbed by your stomach and intestines!

Now those who suffer from joint pain can get relief without painful injections. At less than \$2 per day, early users like Steve Young are impressed. He says, "I've tried more pills than I can count, without any luck. Synovia is different. My knees and hands haven't felt this good in years!"

Impressive Clinical Results

Leading clinics use injection therapy because it works. Recent clinical trials show the pill form also delivers major relief.

One example is a landmark study out of Europe. In the study the active ingredient in Synovia was compared to a popular NSAID pain reliever. The goal was to see if it could reduce pain and swelling around the knee. The results were incredible!

After just 30 days, more than 8 out of 10 people who took Synovia's active ingredient had NO swelling. However, only 2 out of 10 people who took the NSAID experienced reduced swelling.

The study also looked at cases of severe swelling. Amazingly, zero cases of severe swelling were detected in the group taking the active ingredient found in Synovia. This means it was 100% effective for the cases of severe swelling!

In contrast, 9 out of 10 people taking the NSAID still had severe swelling. McNeill points out, "The impressive thing about this study is the active ingredient wasn't tested against a fake pill. It was up against one of the most popular NSAIDs people use every day. It's easy to see why people in pain are excited to get relief without an injection."

The New Way It Delivers Relief

Getting relief without injections has big advantages. The most obvious is avoiding being stuck by a large needle every week for 5 weeks.

Another downside of injections is the doctor can "miss". The needle needs to be inserted into a precise spot in the joint to work. Otherwise, you risk the treatment being ineffective.

However, boosting your lubricating joint fluid by taking a pill delivers relief to all your joints, not just one.

There's an additional reason the active ingredient in Synovia works so well – it nourishes the cartilage.

McNeill says, "This is vital because cartilage does not have blood vessels. The fluid in the joint serves two very important pain-relief roles: lubrication and giving the cartilage the nutrients it needs to start re-growing."



NO MORE NEEDLES: A popular needle injection pain-killer for joint pain is being replaced. The key molecule in these injections can now be delivered by taking a new low-cost pill called Synovia.

Approved By Leading Doctors

The new delivery system for this molecule has caught the attention of leading medical doctors.

"Needle injections for joint pain have been around for years because they work. Being able to get the same relief molecule through a pill is amazing. Injections may be a last resort, but I'd recommend Synovia at the first sign of pain," said Dr. Marie Laguna.

Dr. Gerardo Pereira, a renowned surgeon from Florida says, "Injections aim to boost synovial fluid, which lubricates the joint. Those suffering from joint pain usually have very little of this fluid. Synovia helps relieve pain by boosting this key lubricant without needles."

Dr. Moss adds, "The research behind the active ingredient in Synovia is very exciting. This product is a great choice for those who haven't had success with other joint pain treatments."

110% Money Back Guarantee

Amazing feedback from users of Synovia has generated a wave of confidence at the company. So much so that they now offer Synovia with a 110% money back guarantee.

The company's pres-

ident, Michael Kenneth says, "We've seen how well it works. Now we want to remove any risk for those who might think Synovia sounds too good to be true."

Simply take the pill exactly as directed. You must enjoy fast acting relief. Otherwise, return the product as directed and you'll receive 100% of your money back plus an extra 10%.

How To Get Synovia

Today marks the oficial release of Synovia in Massachusetts. As such, the company is offering a special discounted supply to everyone who calls within the next 48 hours.

A Regional Order Hotline has been set up for local readers to call. This is the only way to try Synovia with their "110% money back" guarantee.

Starting at 6:00 am today the order hotline will be open for 48 hours. All you have to do is call TOLL FREE 1-888-743-5049 and provide the operator with the special discount approval code: SYN18. The company will do the rest.

Current supplies of Synovia are limited, and callers that don't get through to the order hotline within the next 48 hours may have to pay more and wait until more inventory is produced. This could take as long as 6 weeks.



BEFORE: No lubricating fluid or cartilage leads to painful bone-on-bone rubbing.



AFTER: Synovia's active ingredients lubricate joints and nourish cartilage so it can re-grow!

2018 World Cup Preview: Group D



ARGENTINA

TIMES QUALIFIED: 17

LAST APPEARANCE: 2014

BEST FINISH: WINNERS ('78, '86)

WORLD RANKING: 5th

THE STAR
LIONEL MESSI
CLUB TEAM
BARCELONA (ESP)



TIMES QUALIFIED: 5

LAST APPEARANCE: 2010

BEST FINISH: 3rd (1998)

WORLD RANKING: 18th

THE STAR

LUKA MODRIC

CLUB TEAM REAL MADRID (ESP)



"THE SUPER EAGLES"

TIMES QUALIFIED: 6

LAST APPEARANCE: 2014

BEST FINISH: 9th (1994)

WORLD RANKING: 47th

THE STAR

JOHN OBI MIKEL

CLUB TEAM

TIANJIN TEDA (CHN)



ICELAND "OUR ROYS"

TIMES QUALIFIED: 1

LAST APPEARANCE: N/A

BEST FINISH: N/A

WORLD RANKING: 22nd

THE STAR

GYLFI SIGURDSSON

CLUB TEAM

EVERTON (ENG)



Sox need to pick up wins this week

The Sox did not take care of business against lowly Chicago and now face the pitiful Orioles.



The Red Sox have not been swept this season, though this past weekend's ugly series against the atrocious White Sox at Fenway should count as something damn close. The Red Sox wasted a gem of a performance by Chris Sale on Friday night, losing 1-0 to Chicago while collecting just three hits. David Price and the Sox were victorious on Saturday with a 4-2 win, but on Sunday the offensive problems from Friday night reared their ugly head again as Boston mustered just two runs in a 5-2 loss.



It was a frustrating weekend for Jackie Bradley, Jr., and the Red Sox against Chicago. GETTY IMAGES

On Sunday, seven out of nine Red Sox players in the starting batting order recorded a hit but timely hitting

was an issue. Friday night only three Red Sox batters recorded a hit - Andrew Benintendi, Xander Bogaerts and Rafael Devers.

Throughout the season, the Red Sox have thrived on cluster hitting in that one or two

players will carry the load offensively with a multi-hit game. No one was really swinging a hot bat over the weekend. JD Martinez had a pair of hits in the win Saturday, as did Christian Vazquez. But other than that, it was a startlingly quiet weekend on Jersey Street from the Boston bats.

The Sox will need that to change in a hurry as the Yankees overtook them in the AL East standings by a game over the weekend.

More dregs

The Sox were unable to take advantage of a weak opponent at home this past weekend, but their soft schedule continues this week as they'll face division rival Baltimore - which owns the definitive worst record in baseball at 19-45.

The Orioles will trot

Dylan Bundy out to the mound Monday (7 p.m., NESN) at Camden Yards to face the Sox. Bundy had one of the worst starts in the history of MLB earlier this season when he gave up four home runs to the Royals in the first inning and left the game without getting one out.

Since that time, Bundy has gathered himself and hasn't allowed more than four earned runs in a game since. Still, that's a microcosm of how the Orioles' season has gone thus far. The Blue Jays just completed a four-game sweep of the O's in Toronto this past weekend.

The Sox will send Steven Wright (2-0, 1.57 ERA) to the mound to face the O's on Monday. Wright was sensational in his first start of the year last week against Detroit, allowing just two hits over seven innings.





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LEGAL NOTICES

NOTICE OF MORTGAGEE'S SALE OF REAL ESTATE

Premises: 51 Bullard Street, Unit 51, Bullard Place Condominium, Boston, Massachusetts By virtue and in execution of the Power of Sale contained in a certain mortgage given by John Perry to Mortgage Electronic Registration Systems, Inc. as Nominee for New FED Mortgage Corp. and now held by Pingora Loan Servicing, LLC, said mortgage dated June 2, 2016, and recorded in the Suffolk County Registry of Deeds, in Book 56217 at Page 1, as affected by an Assignment of Mortgage dated November 16, 2016, and recorded with said Deeds in Book 57115 at Page 129, of which mortgage the undersigned is the present holder, for breach of the conditions in said mortgage and for the purpose of foreclosing the same will be sold at Public Auction on July 2, 2018, at 10:00 AM Local Time upon the premises, all and singular the premises described in said mortgage,

TO WIT:

A certain condominium unit known as Unit 51 in the Bullard Place Condominium, Dorchester also known as Boston, Suffolk County, Massachusetts, a condominium established pursuant to Massachusetts General Laws, Chapter 183A, by Master Deed dated September 23, 2015, recorded with Suffolk County Registry of Deeds in Book 55272, Page 73, (the "Master Deed"). The unit is shown on the Floor Plans of the Condominium recorded in Plan Book 2015, Page 450. The unit is conveyed together with an undivided percentage interest in the Common Elements, as described in the Master Deed. Subject to the following: I. Subject to the terms and provisions of Massachusetts General Laws, Chapter 183A, as amended. 2. Subject to the terms and provisions of the Unit Owner's Deed. 3. Subject to the Master Deed of The Bullard Place Condominium recorded in Book 55272, Page 73, as amended. 4. Subject to the Declaration of Trust of Bullard Place Condominium Trust, recorded with the Registry of Deeds in Book 55272, Page 92. 5. Subject to easements, facts, issues and notations as shown on Plan Book 2015, Page 450. The description of the property contained in the mortgage shall control in the event of a typographical error in this publication. For Mortgagor's Title see Deed dated May 6, 2016, and recorded in Book 56216 at Page 345 with the Suffolk County Registry of Deeds. Said Unit will be conveyed together with an undivided percentage interest in the Common Elements of said Condominium appurtenant to said Unit and together with all rights, easements, covenants and agreements as contained and referred to in the Declaration of Condominium, as amended.

TERMS OF SALE:

Said premises will be sold and conveyed subject to all liens, encumbrances, unpaid taxes, tax titles, municipal liens and assessments, if any, which take precedence over the said mortgage above described. TEN THOUSAND (\$10,000.00) Dollars of the purchase price must be paid in cash, certified check, bank treasurer's or cashier's check at the time and place of the sale by the purchaser. The balance of the purchase price shall be paid in cash, certified check, bank treasurer's or cashier's check within forty five (45) days after the date of sale. Other terms to be announced at the sale. Marinosci Law Group, P.C. 275 West Natick Road, Suite 500 Warwick, RI 02886 Attorney for Pingora Loan Servicing, LLC Present Holder of the Mortgage Telephone: (401) 234-9200 MLG File No.: 17-02546

06-11-2018, 06-18-2018 06-25-2018

NOTICE OF PUBLIC SALE

To salidy the operator's storage lien, PS Orange Co. Inc. will sell of public lien sale on June 26, 2010, the personal property in the below-listed units, which may include but are not limited for household and personal thems, office and other equipment. The public sale of these items will begin at 09:00 AM and continue until all units are said.

PUBLIC STORAGE # 25635, 945 Moody St, Waltham, MA 62453, (781) 893-1879 * Time: 09:00 AM 1045-000701825.01574, 190-1860, Rept. 1041 - Commin. Research 2025 - Geleter, Blog Jac 2005 - Rest. Ontice; 2007 - Rest. Ontice; 2

PUBLIC STORAGE # 29173, 200 Lexington Street, Wolfbarn, MA 62452, (781) 893-6524 • Time: 69:50 AM 1005-Jane; Sent; 103-Jane; Fine; Lind; 2005-Orte-Born, Not; 2005-Lot-Briton; 2005-Minten; Sent; 105-Bort, Jan; 2007-Por; Santi-Jan; 2007-Cen. Pete; 2008-Jup; Mariz, 2007-Lyon, Why; 2013-Street; Sheet; 2004-Dong Serge

PUBLIC STORAGE # 29187, 290 Southweepton Street, Boston, MA 02118, (617) 245-8074 * Time: 09:00 AM 1015-Ment, Juny L; 1021- Brithweit, Annic; 1005- Juhnon, Tay; 2001- Smite, Brist; 2015- Revenus, Berlan; 2000- Timenus, Stanice; 2044 - Readly, Rad; 2048- Solo, Alan; 2009- Tehtings; Sanic; 2086- Senter, Consile; 2016- Pethasis; Lord; 2016- Spjecton, Stanic; 3006- Hoose, Affects, 3016- Mendes, Ward; 3016- Lordin, Ford; 3016- Lordin, Ford; 3016- Spiece, Consile; Smite; 3016- Spiece, Consile; Smite; 3016- Report, Consile; Smite; 3016- Mintery, Conj. 4018- Reiningth, Minter, 4019- Spiece, Minter, Annic, 4020- Minter, Conj. Americ, 4018- Spiece, Smite; 4018- Spiece, Spiece,

PUBLIC STORAGE # 25833, 156 Lincoln St., Brighten, MA 02135, (817) 782-1728 * Time: 08:00 AM 1031-Septence Robet Let 1001-Jonan, Detroit; 1031 - Witan, Ery, 1004 - Lotare, Rein; 1034 - Ret. Courtey, 1000 - Resting, Robiter; 1115 - Smith, Detroit; 1031 - Smith, Report 3017 - Medicade, Smith, 3010 - Majoresi, Morica, 3150 - Amens, Rille; 2005 - Ferrira, Palite; 2010 - Sog, Davig 2013 - Aporte Alvera, Annonie; 2007 - Amens, Cyrthia; 2001 - Appute, Jeong, 2015 - Spatie, Rille; 2006 - Ferrira, Palite; 2010 - Smith, Rille; 2010 - Appute, Jeong, 2017 - Aporte Alvera, Annonie; 2007 - Amens, Cyrthia; 2010 - Appute, Jeong, 2017 - Aporte Alvera, Annonie; 2007 - Amens, Cyrthia; 2011 - Appute, Jeong, 2017 - Aporte Alvera, Annonie; 2017 - Amens, Appute, Jeong, Barris, 4104 - Males, Casterio, 2017 - Appl. Abort. 2018 - Bass, Berefy, 2017 - Commonty, Editor

PUBLIC STORAGE # 25636, 50 Middlessex Ave, Somereille, MA 02145, (617) 623-0394 * Times: 09:00 AM

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4039 - Merjac (Marts, 4017 - MiCarts, State; 2001 - Regnt, Borts, 5017 - Sarks, Jun; 5025 - Cent, Martin, 5036 - Record Harid, 5044 - Peerin, Rudor,
5033 - Merjac, Zamurs, 5079 - State (Root) 5077 - Red Michael 5070 - Celevisi, Regnts, 2004 - Restrict, State; 5124 - Cent, Martin,
5218 - Rhomes, Matthew, 6166 - Frederic, Merjacy (F/87 - Arty, Malika, 6230 - Tamo; Maria

PUBLIC STORAGE # 29181, 327 Mystic Ave, Medford, MA 02155, (781) 391-4279 + Time: 08:00 AM 19G - Math Dar. 190- Apprt, France 1991 - Darg, Dair, 29G - Red Mater, 200- Elevant Birk; 200- Franci, Mic 201- Barrs, Brazz, 2112 - Rain Stokes, Sinbely, 2164 - Raint, Sabarz, 2001 - Red Mater, 200- Daire, Drinter 3100 - Cane, John, 1044 - Colles, 317 - Michael, Elex 3101 - Daire, Reintz, 3185 - Daire, Sabarz-Sabi, Opting 3281 - Cales Elexen.

PUBLIC STORAGE # 27016, 800 River Street, Hyde Park, MA 02136, (617) 361-0356 • Time: 06:00 AM 8011 - Hose, Battet Alfil - Leak, Sathet Alfil - Ande, Career ASF - Fee Mails, Same Arteria, RDF - Descin, Say, ASF - Sang, Varue ASF - Anderson, Kenner, RDF - Career, Louis, ASF - Anderson, Kenner, RDF - Career, Louis, ASF - Anderson, Kenner, RDF - Spek, James, ASF - Anderson, RDF - Spek, James, ASF - Roman, Sharette, STS - Roman, Sames, STS - Anderson, State - Spek, Spek, StD - Spek, James, RDF - Roman, Roman, StD - Spek, James, RDF - Roman, Roman, StD - Spek, James, RDF - Roman, Roman, RDF - Roman, Roman, RDF - Roman, Roman, RDF - RDF -

PUBLIC STORAGE # 29184, 20 East Street, Westwood, MA 02090, (781) 326-0763 * Time: 06:00 AM 1041-0unter, Mar.; 192-Kurişin, Xeneth; 198-Kire, Michael; 198-Herran, Courtiny; 1/31-Tunier, Terrar, 193-Mingar, Douglet; 2001-Jooguet; Stityra; 2040-8-bline (Insenting Michael Antoness 2019-5-brox, Leslie; 2097-Francis, Romain; 2156-Syut Rota; 2156-Tox, Jenethia; 2174-Suine Str.; 2186-Sauthy, Strain (Insenting Strain St

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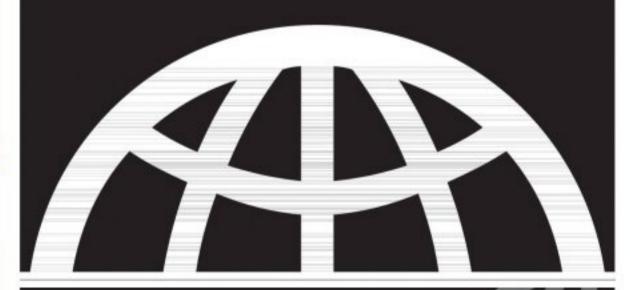




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Breton Monday Iven 1 201



ACROSS

- 1 "I couldn't care _ !"
- 5 Relative by marriage
- 10 "W" on a light bulb
- 14 Per person
- 15 Slip knot
- 16 Add to the payroll
- 17 _ or false test
- 18 Angels' home
- 20 Everyone
- 21 Fouts and Aykroyd
- 22 Beginning
- 23 Stratagems
- 25 One of the Seven Dwarfs
- 26 Sticks for conductors
- 28 Says hello to
- 31 Grown-up
- 32 Wander away
- 34 Mai tai ingredient
- 36 Brownie troop member
- 37 Short-tailed weasel
- 38 Challenge
- 39 Notice
- 40 Scale
- 41 Door hanger's piece
- 42 Loan shark

metro.us/crossword

- 44 __ hound; short-legged hunting dog
- 45 Just invented
- 46 Japanese dish 47 _ mall; row of stores
- 50 "__ Noon"; classic Gary
- Cooper film
- 51 Final-year students: abbr.
- 54 Sickening
- 57 Store away
- 58 Too
- 59 "Home on the __"
- 60 Smidgen
- 61 Singer Campbell
- 62 Silenced, as a TV
- 63 Small card

DOWN

- 1 "__ Smile Be Your Umbrella"
- 2 Chief Justice __ Warren
- 3 "Pieta" and "The Thinker"
- 4 Feminine pronoun
- 5 Dental fillings
- 6 Lunch hours
- 7 Team defeat
- 8 Cool __cucumber
- 9 Actress Ming-Na
- 10 From what place
- 11 Has a bug

- 12 Sycamore or spruce
- 13 Trial run
- 19 Like toasted marshmallows
- 21 First word in a warning
- 24 Lounge about
- 25 Word of mild disgust
- 26 Works in a grocery store
- 28 Snatch
- 29 Portable radio

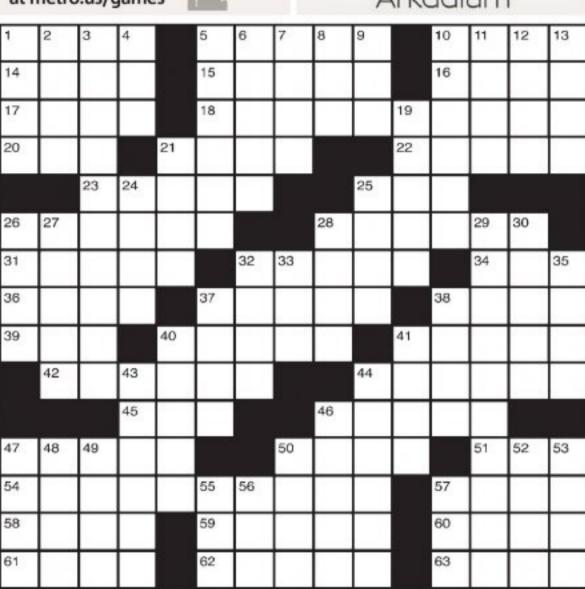
27 Foreign farewell

- 30 Sudden increase
- 32 Mix with a wooden spoon
- 33 Cruise, for one
- 35 Encounter
- 37 Murdered
- 38 Platter
- 40 Thin pancake
- 41 Chopped meat concoction
- 43 ln __; as one
- 44 Annoyed
- 46 Scorch
- 47 Unexpected obstacle
- 48 Over seven feet
- 49 Trick
- 50 Helpful suggestion
- 52 Learn by __; memorize
- 53 Persuade
- 55 Upper limb
- 56 Plato's "T"
- 57 Take a load off

Check your answers at metro.us/games



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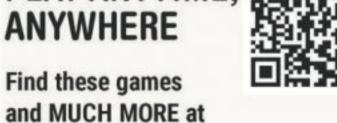


BY TCA

metro.us/sudoku

4	6			1				2
	8		4		9			5
	7		6					3
	5	4				7	3	1
			7		4			
3	2	7				8	9	
7					6		1	
5			1		8		2	
2				7			6	8

PLAY ANYTIME,





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- Aries Keep your eye on the ball when dealing with people who tend to use persuasive charm, wit and deceptive verbiage to lure you into something you should probably walk away from.
- Taurus Emotions are running high and should be channeled into something beneficial. Sharing with someone you love, improving your surroundings and making physical changes are highlighted.
- Gemini An aggressive approach when dealing with others will be taken the wrong way. Be prepared and offer solutions that are difficult to refuse. Don't let your impulsiveness take the reins.
- Cancer If you take every opportunity you get to help someone, you'll get something unexpected in return. A window of opportunity will soon open. Personal gain is apparent.
- Leo Be careful how you handle others, especially in a work environment. Overreacting will bring about unwanted change and plenty of questions. Remain calm and take care of business.
- Virgo Take advantage of every chance you get to learn something new. Bring about a change that will help secure your position or stabilize your lifestyle or an important relationship.

- Libra Make the first move. Stop procrastinating and speak up about your intentions and plans. Listen to people's concerns, but follow what you feel is in your best interest.
- Scorpio Personal changes should be made. Whether you are updating your image or altering a personal relationship, the results will turn out better than anticipated.
- Sagittarius Question what you hear. Go to the source if you feel unsure of a developing situation. Be willing to talk matters through until you resolve any outstanding issues.
- Capricorn Don't hesitate to get involved in something you find interesting or intriguing. Consider the best way to turn someone else's negative into a positive. Make choices based on experience.
- Aquarius Emotional matters will escalate quickly if you or someone close to you overreacts or behaves indulgently. Use your intellect to deal with matters that could affect an important relationship.
- Pisces How you help others will make a difference. Make sure you are clear regarding what's entailed and what you will receive in return. Don't put up with lip service or evasive answers.

Yesterday's Answers

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G	Α	S	Н			В	Α	Ν	D		Ρ	R	0	D
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